



Resting Metabolic Rate Testing



What is it?

Resting Metabolic Rate (RMR) testing is the measurement of how much food, or energy, is required to maintain basic body functions such as heartbeat, breathing, and maintenance of body heat while you are in a state of rest. That energy is expressed in calories per day.

How does it work?

During the test, client will be seated or reclining in a comfortable position in a quiet/private room. Client breathes through a disposable mouthpiece that is connected to a machine called MetaCheck. A nose clip is used to assure all air passes through the mouthpiece. Client continues to breathe through the mouthpiece until the MetaCheck indicates the RMR has been calculated. This usually takes approximately 10 minutes. For more accurate results, fasting and no intentional physical activity for 8-12 hours is recommended.

Why perform the MetaCheck test?

The MetaCheck can screen for abnormally low metabolic rates, help physicians and dietitians teach energy balance, and pinpoint the precise caloric intake required for weight loss, gain, or maintenance.

What else do I need to know?

Once the test is performed, clients receive a printed report of their results and a 30 minute Nutrition Coaching appointment with the dietitian to review their MetaCheck results and receive brief nutrition tips based on those results.

Fee

Member - \$45
Non-member - \$55

Contact

Call 785-623-5900 to schedule your RMR test.

